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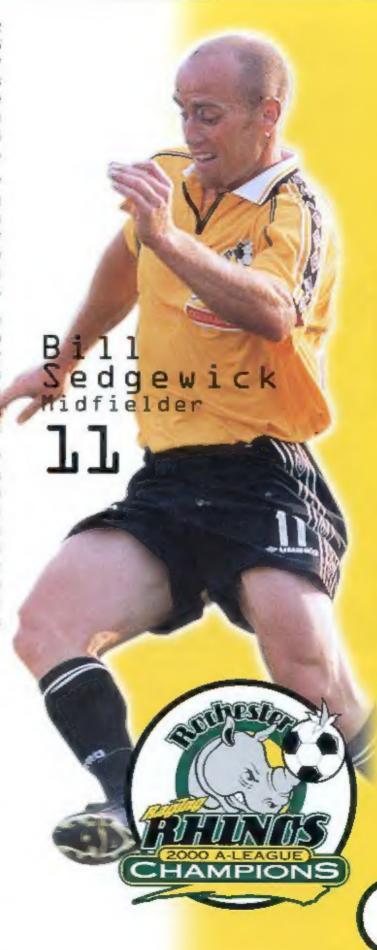
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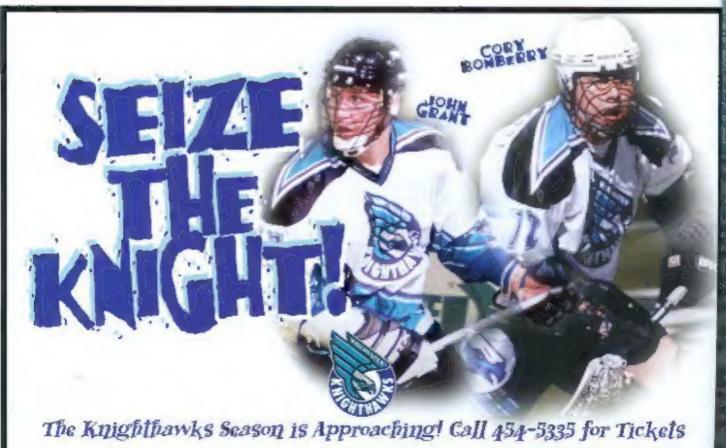
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ACCESS: Frontier Field is easily accessible from route I-490; Exit from east or west bound I-450 onto Flymouth Avenue. The Main Gate and Ticket Office are located along Morrie Silver Way.

ATM: An Automated Teller Machine is available for use at Frontier Field

CAMERAS. Fans may bring comeros or caracorders into Frontier Field for their personal use. However, we ask that you do not block anyone else's view of the game, or use flash attachments at any time.

COMMUNITY APPEARANCES: The Rhinos welcome the apportunity to speak to your group. The Rhinos Community Relations Department schedules appearances by players, members of the front office and the team mascat. Contact the Rhinos Community Relations Department for more information.

CONTAINER POLICY/ALCOHOL: Containers with food and/or beverages may not be brought into Frantier Field. Food and drinks are sold throughout the statium for your enjoyment.

EMERGENCY PHONE CALLS: Guest Services is available as a service to fans expecting emergency phone calls, fans may leave their seat locations with Guest Services and they will be then contacted with the message. Due to the many requests, public address, medical emergency or video board paging is not permitted.

FAN BEHAVIOR. Our code of behavior is simple - we would like you to enjoy the game in a manner that permits other fans around you to do the same. If your enjoyment is curtailed by rude behavior of fans near you, please report the problem to ushers of security personnel. If you are unsatisfied with the handling of a particular situation, we want to hear from you. Please call or write our offices, Rochester Raging Rhinos, 333 N. Phrnouth Avenue, Rochester, N.Y. 14608. The phone number is (716) 454-4008.

FIRST AID: For those requiring medical assistance for asymmetrical contact your section's usher or security personnel and they will escart you to the Frontier Field aid station.

GAME TIMES: All Rhinos home games will begin at 7:35 p.m., except Sunday games, which begin at 6:05 p.m. Check with the Frontier Field licket window for exhibition/playoff game times. The gates to Frontier Field open one hour before game time. Both learns have a 20 minute warm-up session about 40 minutes before each game.

GROUP TICKETS: The Rhinos have special discounts available for group and multi-game purchases. Contact the Rhinas Group Sales Department at (716) 454-10CK.

GUEST SERVICES: The Guest Services Booth is located on the Main Concourse near the Main Gales and operates from the time the Stadium opens until after the game ends. Fans may obtain information and assistance, offer suggestions or register complaints at the Guest Services Booth.

HANDICAPPED SEATING Handicapped seating is available at Frontier Field. Please contact either the Frontier Field Ticket Office or the Rhinos Office for information and assistance.

LOST AND FOUND: Contact the security person near your section and they will escart you to the Franker Field Offices.

MAILING ADDRESSES AND PHONE NUMBERS. The Rhines Offices are located on site at Frontier Field at 333 N. Phymoutin Avenue, Rochester N.Y. 14608. Our phone number is (716) 454-KiCK, and our fax number is (716) 454-5453. Fan mail for individual players and coaches should be sent to them directly at that address.

PETS: Pets are not allowed at Frontier Field. Guide dags and seeing-eye dags are the exception - they are allowed in Frontier Field.



RADIKO COVERACIE: WYSL AM 1040 and WBER FM 90.5 create the Rhinos Radio Metwork, which covers all home and away games. Don Stevens will be the play-by-play broadcaster. Joe Giuliano will be the color commentator. Radio Broadcasts are also heard on the internet at www.rhinossoccer.com.

RESTROOMS. Restrooms are located on all levels of the Stadium. Dioper changing areas are available in both the men's and women's rooms. A lamily lunised restroom is available in the Main Concourse.

SMOKING: Smoking is only permitted in the designated areas along the Main Concourse.

SPECIAL SERVICES: Frontier Field provides many services and amenities to accommodate the needs of guests with disabilities. Information may be obtained at Guest Services.

SOUVENIRS: Various merchandise Items, including hats, f-shirts, golf shirts, sweatshirts and other Rhinos gifts can be purchased at souvenir stands around Franker field or at the Rhinos Team Store. The Rhinos Team Store is located in the historic firehouse near the Walk of Fame. In addition, souvenir hems can be purchased at the Rhinos Business Offices during regular business hours. The Rhinos also have a merchandise brechuse outlining items that can be purchased through the mail. Write or call the Rhinos Office for one.

TELEPHONES. Pay telephones are located on all levels throughout the Stadium. Two TTY telephones are also available on the Main Concourse level.

TICKETS. Rhinos fons may purchase single-game lickets at the Frontier field Ticket Window or by calling 423-9464

Tickets at Frontier Field are: \$18.00 (Premium) \$15.00 (Upger-Center) \$14.00 (Sideline & Lower End) \$13.00 (Upger End) \$10.00 (Lower Corner)

Senior citizens tickets may be purchased at a \$2.00 discount for any regular season home game. Group tickets may be purchased by calling the Rhinas Office at (716) 454-10CK.

TOURS: Frontier Field tours are conducted throughout the season. Fans get a chance to view different areas of the Stodium, the clubhouse, press bax and the owner's suite. Fans will also receive information on the construction and the amenities of Frontier Field. Special group lours are also available. Please call (716) 262-2009.

WALK OF FAME: The Frontier Field Walk of Fame is a tribute to lans, players and media throughout Rochester's sports history. It is comprised of panels, each displaying a member of Rochester's Sports Walk of Fame, surrounded by bricks with names of fams and businesses who support Rochester's rich tradition of sports history. Bricks can be purchased at the cost of \$100.00 per brick. If interested in getting your name on a brick in the Walk of Fame cost 1716/777-9642.

WES SITE: Visit the Official Rhinas Websile at www.minossoccer.com for all the latest information and updates on the Rhinas

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ROCHESTER RAGING RHINOS





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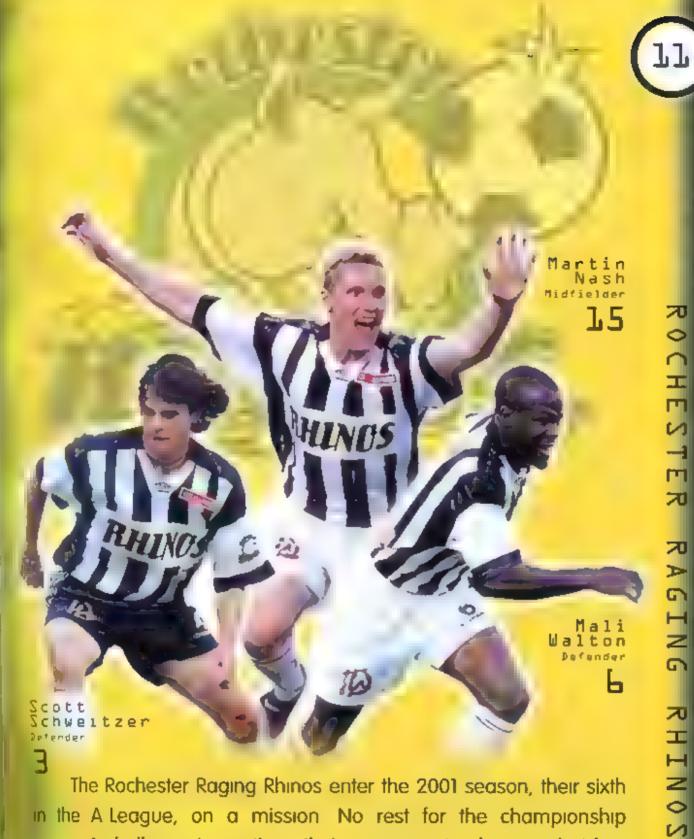
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The Rochester Raging Rhinos enter the 2001 season, their sixth in the A League, on a mission. No rest for the championship weary A challenge to continue their amazing streak - one that has brought three championships to Rochester in the last three seasons. A team that has seen players come and go... and some even come back again.

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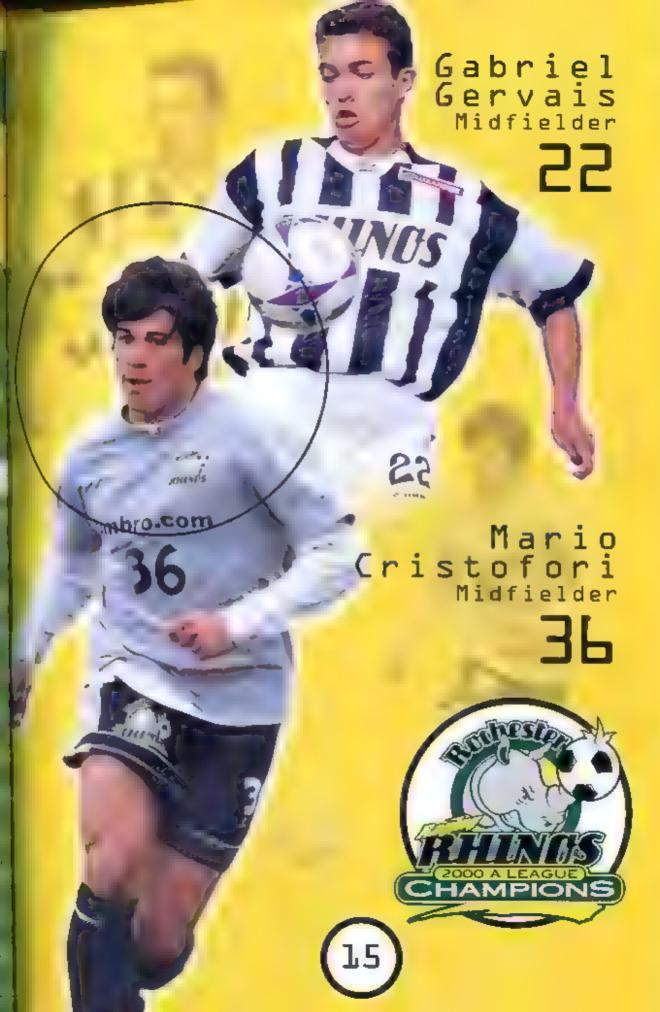
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ROCHESTER RAGING RHINOS



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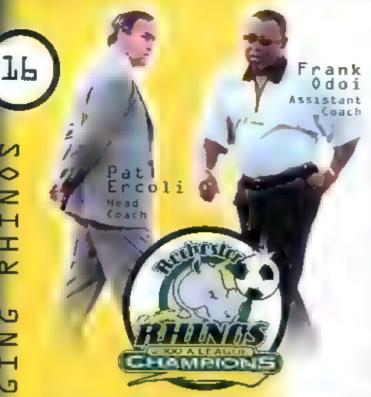
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You have wan three championships in the last three years. As the coach have you ever set back and thought about what you have accomplished?

FRANK: It's not an easy task to win three championships in such a short time. I think some people think that because we are the Rhinos we can step on the field and expect to win. Winning those championships was really a great achievement. Every season has its ups and downs, but the key is slaying mentally prepared, working hard and not quitting

### How do you top those accomplishments?

PAT: yvell every year we have had a different from The face of the team has changed each season over the last five years 50 even though we have won those championships, and oppeared in six championship games it's always done with some new players. So every year presents a new challenge with respect to winning because there are always some now faces

### What, if onything, do the Rhinas have to prove in the A-Leogue?

PAT: Well I think we are one of the model organizations in the league. When you have a quality organization like the Rhinos, others try and model themselves after you as coaches, as a learn and in the front office as well. So it's not just what we do an the field, but what we do off it that matters too. So I think in that respect the Rhinos as an organization must always strive to get better in all facets each and every year

FRANK: You can never stand still if you want to lead the way. If you do you will be passed by

### How do you and Frank keep from getting complacent?

FRANK: What we do isn't an easy job. It takes a lot of work to constantly try and upgrade the team. Teams are constantly trying to beat us because of the success we have had The amount of work that goes into that doesn't oflow us to get completent

Do you feet a sense of pride as a coach in developing players like Yari Allnutt and Craig Demmin and watching them advance in their cureers?

PAT: Well first of all it isn't just those guys that we should be talking about. Yes it feets great to see players like Allnutt and Demmin and even Pat Onstad advance their careers by moving to a higher level of play. But what I am most proud of is the relationships that I have established over the years. I mean

players moture and grow on a personal level for They gmorried have children and sometimes make the very diffin deusien if not playing societ anymore. When I look back the proyers that we have had here I are most proud of the resultanships that I have made and maintained with them are the years.

Much has been made of the fact the Frontier Field soit the ideal size for soccer. Do you mold your strategy and tactics around the size of Frontier Field, knowing that you play half of your games here?

PAT: We certainly like to try and take advantage of that by we always try and build our strategy around our personnel Ti the years ago out personnel dictated that we mave bod and course offack, last year we could incorporate more of all attacking style. Every year is different, depending on the players we have on the team

There has been a philosophy in years past to create competition for jobs. This year is no different with the goalkeeper and midfielder situations. Obviously you welcome healthy competition for players.

In city business competition is healthy if you don't always try and auldo your competition and get better you will ge beat Competition keeps people honest it keeps them willing to work hard

FRANKI If a player knows that he doesn't have anybody pushing him for a job, then he might get compliation, and the hurls the learn. You have to be willing to work hard if you want

There are some players like Tonner, Steenkamp, Andracki and Schwaitzer who have been here for a while. Do you lean an veterons to help guide the team.

No question If you look at certain guys some are leaders on the field, some are leaders in the lacker room, same have better communication than others and some better social skills. You can't always find all those leadership qualities in the same person. What we try and do is find a mixture of guys who demonstrate these qualities. Those guys you mentioned have not only been great players for us but great leaders as well

### How is this year's team look?

PAT: We believe it will be a good team. We look for player who have the proper technical ability and the right attitude they come in here with that, then we believe that we can teach them. I think this team is an extension of Frank and myself if you look at the players on this team, they are guys who have cerfor characteristics that we look for Some guys have come in the past and didn't carry those particular trails and characteristic unfortunately things didn't work out that we like to see with them

### I am going to say two words - give me your thoughts on them - FOUR-PEAT

FRANK: I think we need to take one step at a time it is definitely one of our goals. Right now we are working so hard ( try and upgrade our team and it isn't easy. We have been s successful over the years and when you are and when you bed other learns as aften as we have they won! to beat you back When other learns wont to beat you so bad it has to push you to another level or you won't be as successful

You and Frank have been together for six years now. How has your relationship helped the Rhinas be successful?

FRANK: Boughing We fight all of the time

#TAS We don't see eye-to-eye on everything that we do But we have enough respect for each other and each other knowledge and abilities as for as this game is concerned, the we can compremise when it comes to strategies and evaluating talent. This is a sport that we both lave and it has been a part of both of our lives far a long time. One of us may see something in a player that the other doesn't and since we have been logether so long we have learned to trust each other Independ

WRITTEN BY TRENDEL ERIC

2001 ROCHESTER RAGING RHINOS ROCHESTER RAGING RHINOS



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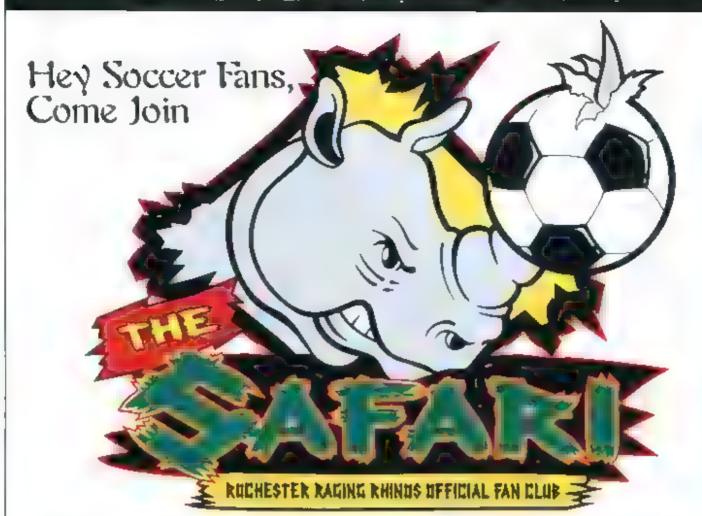
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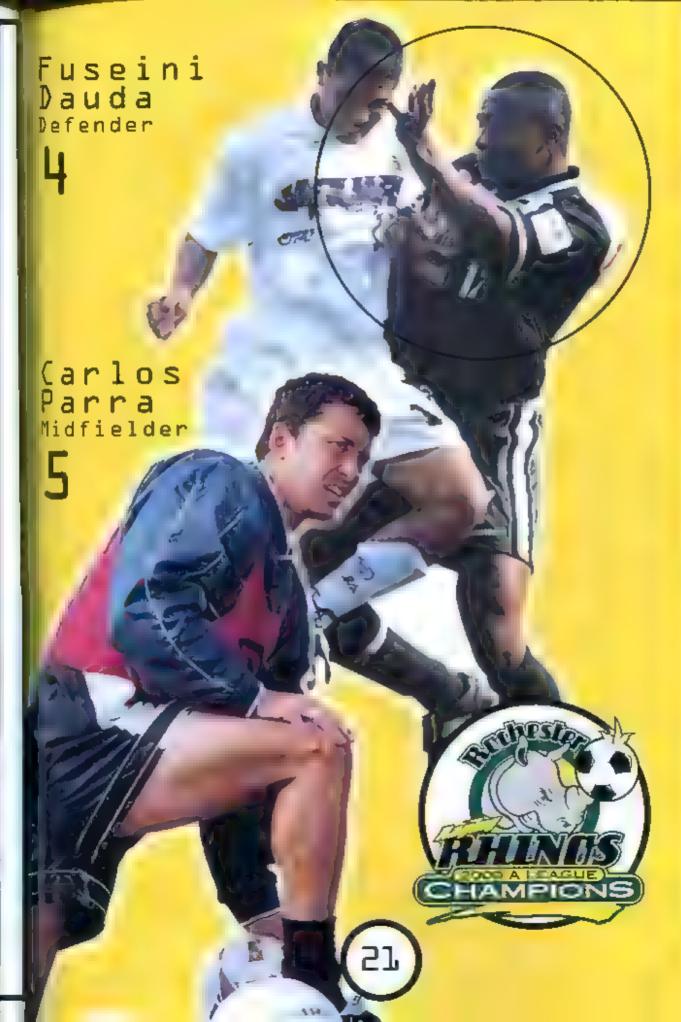
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WOKX AND THE RHINDS ARE TEAMING UP AGAIN



### The OWN IN THE

when Andrew A Langston was growing up in Georgia, he used to caddle at a local golf course. He observed how the men would swing the club, chip around the greens and line up their putts to finish out the hole. To this day Langston uses the power of observation to help his golf game (he's inscription golfer), and teach a very important lesson to today's youth.

WDKX FM 1019 a firm believer that sports have a positive effection youth. That's why he is an avid supporter of the Rochester Raging Rhinos professional soccer team, and why WDKX and the Rhinos have teamed up to make the game of soccer available to all kids in the city of Rochester.

The Rhinos are important in the common to shared language. It's important that the players not only hare their soccer skills and talent with the kids, but also their priorities and philosophy on how to reach goals in life like our on air tarent at WDKX, the majority of the Rhinos players have graduated from college. To go out into the Rodiester community and share these experiences will make a difference.



Langston, who named his radio station after Frederick Douglass. Dr Martin Luther King fr. and Malcolm X wDKX - believes that giving back to the community signority number one for all of his businesses, especially the radio station. After 26 years on the air WDKX is a leader in providing community support in Rochester.

I love when the different communities of the area mix together in an atmosphere of fun and partnership intinues Langston. "Soccer is a world wide sport, the one came in the world that really brings everyone together for the good of the game. I know that kids of all races and backgrounds will be attending Rhinos games this summer. More importantly, the Rhinos are making a commitment to the community by reaching out with their players and staff by holding clinics and games for the kids. It is another outlet in the city for kids to use their energy in a positive way."

WDAX and the Rhinos are involved in projects together to help kids in the community. Coaches Comer" is a joint effort to bring charitable organizations to a Rhinos gime by giving away 25 tickets per match. "It's a chance to bring entire families together to enjoy a game in a nice setting at Frontier Field." said Langston. It keeps the kids off the street and exposes them to the sport of soccer and the players, who can show them that hard work and diffigence points the way to success.

The Rochester Raging Rhinos and WDKX are learning up to make the game of soccer fun and exciting, and working together to make the Rochester community a better place to live

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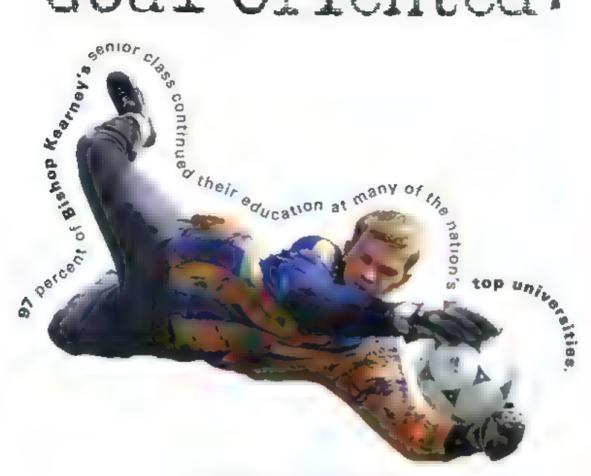


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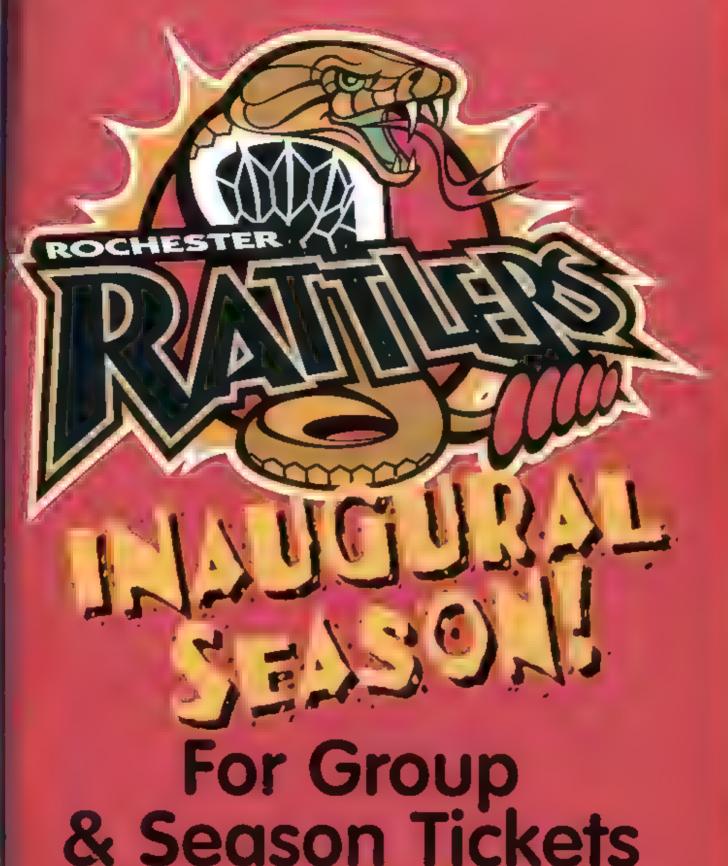
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### **Q&A ABOUT ROCHESTER'S MULTI-PURPOSE STADIUM**

What is PaeTec Park?

36

PaeTec Park is Rochester's 20,000-seat, multipurpose outdoor stadium that will hast the Rochester Raging Rhinas professional soccer club and other sports leams, musical events, cultural happenings and national sporting events. The stadium will contain 17,500 permanent seats, 1,250 club seats, 30 luxury suites and a full range of concession and merchandise facilities. It will be located in the Brown's Square area of the High Falls District in downtown Rochester, just across the Kodak parlong lots from the Rhinas current hame, Frontier Field

### Why is it named PaeTec Park?

PaeTec Communications, a local telecommunications company, has secured the naming rights to the stadium. PaeTec Communications President & CEO Arunas Chesonis believes that the stadium will provide enjoyment to the people of Rochester and will bring a better quality of life there in the Flower City.

### Who will own and operate the studium?

A newly oppointed three-person board, the Monroe County Sports Authority, will own the stadium and oversee the financial end. The Rhinos will operate PaeTec Park on a day-to-day basis, ensuring that events are booked into the stadium and that the day-to-day operations run smoothly.

### What will be the total cost of construction for PoeTec Park?

PagTec Park will be built by a combination of public and private funds. The Rhinos have pledged \$26 million daijars toward the \$48 million total cost of the stadium. Of that \$26 million, \$22 million will be generated through the sale of taxable revenue bonds to investors, with no risk to the taxpayers of Manroe County. Governor Patala and New York State has pledged \$15 million to the project and County Executive Jack Doyle and Manroe County has offered \$7 million from the county's hotel-motel bed tax fund.

### How much are the local texpayers "on the hook" for this project?

Local topayers will not contribute one more dollar to PoeTec Park, the public funding is already in place for the construction of the stadium and if the stadium does not live up to its financial obligations, the investors of the toxable revenue bonds will obsorb any fiscal loss.

STEVE ROSSI

Will the Rhinos make enough money to support the stadium?

The Rhinos plan to retire the stadium debt will accomplished on a yearly basis by a partian of the surveyine, spansorship sales, stadium naming rights, parkit revenue, load concessions, ticket surcharges, beverage pouring rights and scoreboard advertising. Most of the surhave already been sold, as well as the naming rights

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be

### What land of events will be held at PaeTec Park?

The Rhinos will host 20-25 matches per season:
Poefec Park. Other soccer related events include the Raver women's team, possible USA national team "friendly" or qualifier matches as well as college, high school and you tournaments. College and high school football, men's arrivornen's lacrosse and field hockey games as well as No York State championship games will be booked into Poefe Park Drum and Bugle competitions, with Rochester's War Champion Empire Statesmen, concerts, outdoor show community events and youth contests will also be held the stadium.

### How will the studium benefit the community?

Beside providing an entertainment variue for the meanty 3 million people of the Western and Central New York PoeTec Park will generate 350-450 construction tobs at 100-150 permanent and part-time tobs when complete Approximately \$700,000 in state and local sales taxes will generated in the first year and the same figure is expected a yearly basis.

### Who will design and build PaeTec Park?

HOK Sports Facility Group in Kansas City, Misso. has designed the architectural renderings for PoeTec Part HOK has worked with 29 of the 32 National Football Least franchises and 22 of the 28 Major League baseball feat Clients include numerous professional and collegiate soccibasketball, hockey and rugby teams. Recently, HOK hiddesigned soccer stadiums in Australia and New Zealands of early Spring, a construction firm has yet to be retains



When will construction begin on PaeTec Park, and when is the stadium due to open?

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ms cer has Ind led The Rhinos hope to "stick a shovel in the ground" in the Spring of 2002, and with a 13-month building period, the stadium would be on schedule to be opened in the Spring of 2003.





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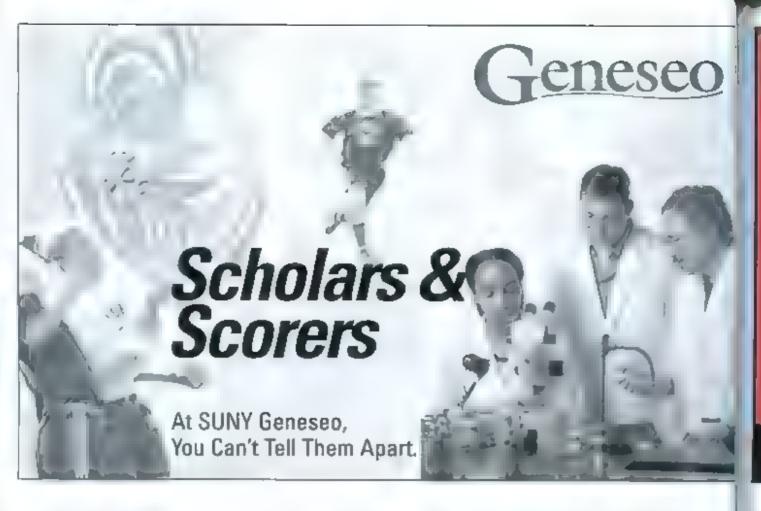
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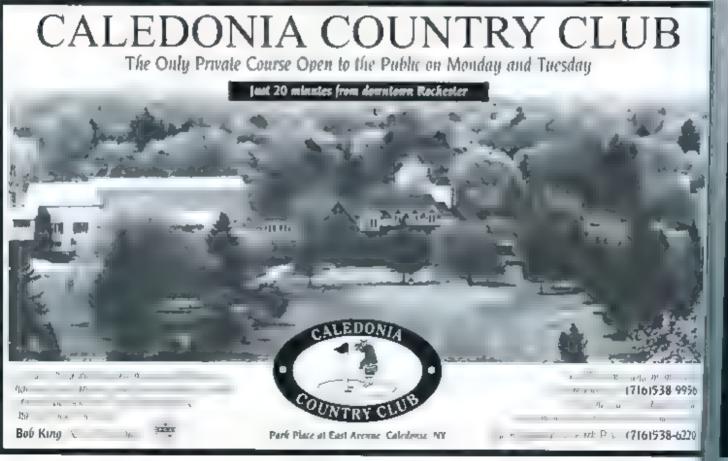
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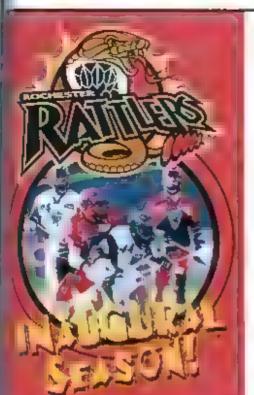


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ROCHESTER RAGING RHINOS



CAUTION: A disciplinary action taken by the referee against a player (or others) for the persistent misconduct, dissent ungentlemanly conduct or entering the field without permission. The offender is shown a yellow card, a second offense brings a red card and the player is ejected from the match

CENTER A ball passed from a wide position on the field into the penalty area. Also called a "cross"

CHIP Pass lafted high over an opponent or opponentialist a leammate

CHARGE Use of the shoulder to force an attacker off-balance and gain passession of the ball

CLEARANCE A ball thrown (by the goalkeeper), kicked or headed by the defending team away from its own penalty area.

CORNER KICK. Direct free lock taken by an attacking player from the corner of the defending team's end of the field. A corner lock is awarded if a ball was last touched by the defending team before going over the defending team's goal line (but not into the

DEFENDER: Player who ordinarily is positioned near his own goal behind the midheiders and forwards and whose primary responsibility as the prevention of the opponent from scoring Also called "fullback

DIRECT FREE KICK. Usually awarded after a loul, the ball is placed in a stationary position and may be lucked directly into the opposition's goal without first being louched by another attacker Corner ricks and penalty kicks are also direct free kicks

DRIBBLE Action of a player who advances the ball with a setten of short taps with the feet

DROP BALL Boil dropped by the referee between two opposing players to restort a game other a play has been stopped for a nopenalty situation

EJECTION A disciplinary action taken by the referee against a player (or others) for violent conduct and/or senous foul play, foul or abusive language, or persistent misconduct after receiving a caution (yellow cord). The offender is shown a red card and sent off the field. He may not be replaced by another player

4.4.2. A team formation that has four defenders, four midhelders, and two forwards

FIRST TIME PASS. Ball passed without the player first stopping it Aiso called "one touch"

FOR ARD Player who ordinarily is positioned ahead of the midficiders and whose primary responsibility is to create and score goals. An inside forward is called a "striker"

GOALKEEPER Player who is positioned in his goalmouth and whose primary responsibility is the prevention of goals by the opposition. The goalkeeper may use his hands while he is in his awn penalty area, and his uniform must contrast with those at the field players on both fearts

GOAL KICK Indirect free lock taken by a defending player from the defending team's goal area. A goal tick is awarded when a ball was last louched by the attacking learn before going over the defending team's goal line that not into the goal.

HALF VOLEY Kick taken just as the ball bounces off the ground.

HAISE BALL A ball touched illegally by a player's hand or arm

HEARING: Use of the head; usually the larehead at the hairline to pass, shoot, clear or control the ball

INDERECT FREE KICK. Usually awarded after a minor infraction. the ball is placed in a stationary position and may not be lacked directly into the opposition's goal without first being touched by another altacker

KICKOFF. A ball placed in the center spot at midfield and lacked. forward by an attacking player, used to start the game at the beginning of each half and after a goot has been scored. A goal cannot be scored directly from a kickoff

MISM at Two afficials, each equipped with a flag, who assist the referee from the touchlines by signaling offsides, when a to has gone out of bounds and when a foul has been committed The referee may choose not to get on a lineman's call.

Maskik Guarding an attacking player

Very DEF. Player who ordinarily is positioned in front of the detenders and behind the lorwards, whose primary responsibil ty is to create a link between the defenders and lorwards. At colled "halfback"

TMEG A boil played by an attacking player between the leg. of a marker and relineved by the same attacking player

CESTRUCTION Action of a player who impedes an apponent standing in or moving into his path without attempting to pic. the boll

OFFSIDE Position of an attacking player if he is between h opponent's goal line and the ball when the ball is played unle he is on his own haif of the field or two apponents are no faith: from the goal line than the attacking player. A player cannot be offside if he receives the ball directly from a comer kick, god bit throw in or drop ball situation

FFSIDE TRAP. Maneuver by a defense whereby the defender move saward the appasing learn's goal during an affack by opposition to catch at least one attacker in an offside position

OVERLAP An attacking run by a delender that comes him but his own midbeiders

PRIVATE YEAR Owect free kick from the penalty spot offer. major foul has been committed by the delending learn in its co. penalty area. The opposing goalkeeper must remain stationary his goal line between the goal posts and other players must outside the penalty area, the ball is lucked by an attacking player

REFEREE. The official in charge of the match. Primary responbillies are to protect the players and serve as an official line keeper

SAVE. A boil cought, deflected, or otherwise prevented by fgookeeper from going into the goof

 I) A dribbler who prevents an opponent from (along the b) by keeping himself between an opponent and the ball

SHOT: The ladging or heading of the ball toward the goal with " intention of scoring

JOUARE PASS A lateral bass

S PPER A central defender whose primary responsibility s mark the apposing center forward or striker

5 JEPER A delender who is free to room in Ironi of the behind his learns defensive line

An attempt to dispossess an attacker of the " A common lackle is the slide tackle, which involves a sldiattempt to lock away the ball

THROUGH PASS. Pass that travels loward the goal between: or more detenders to a fearmmate, putting him in a position;

THEOLY IN A throw executed by an attacking player outside the louchline. A throw-in is awarded against the tethat last touched the ball before it crossed the touchine player lating the throw-in must throw the boil onto the field of his head using both hands, he must also keep both feet on ground either outside or on the touchline

TRAP The use of the foot, thigh, chest, etc. by a player to be a ball under control

JOLLEY Kick taken before a ball bounces on the ground

12.0 A line of three or more players positioned of least yards from the ball, used to help defend against a free lick

14.4. Pass in which an attacker sends the ball to a fe mate the "wail" who immediately plays the ball back " attacker who has to run to an open space. Also called "give t go" or "one two"

... NG Area of the field near the touchlines

\* MGER An outside forward. Outside defenders are some! called "wingbacks"

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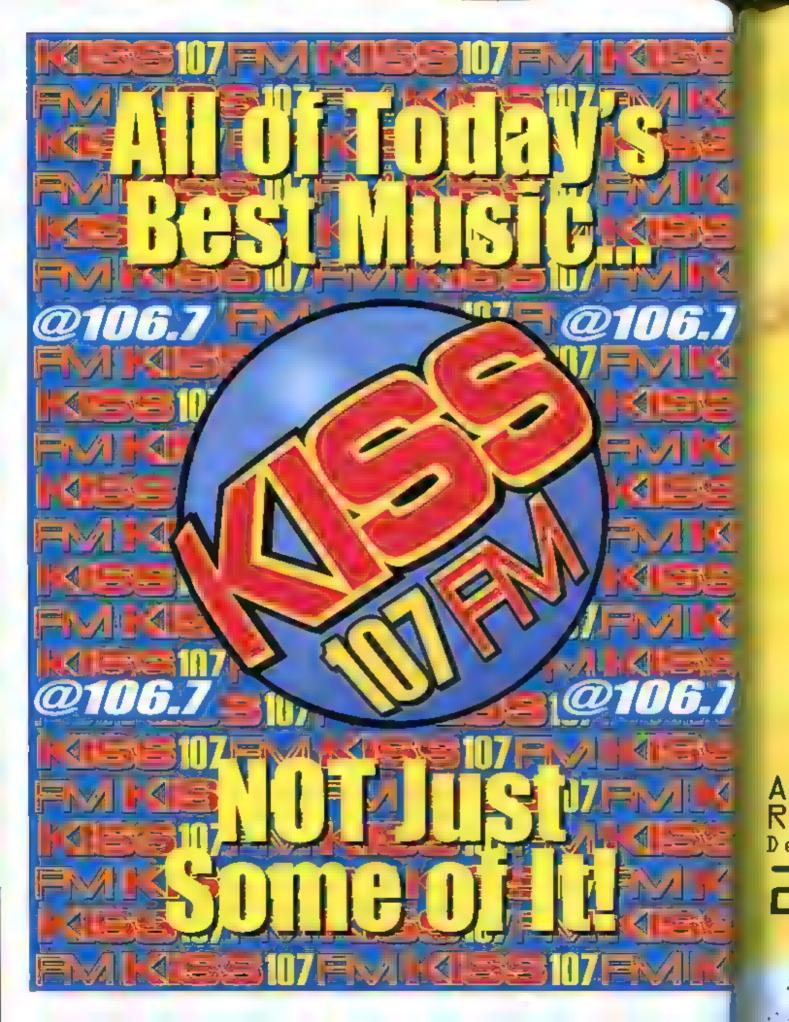
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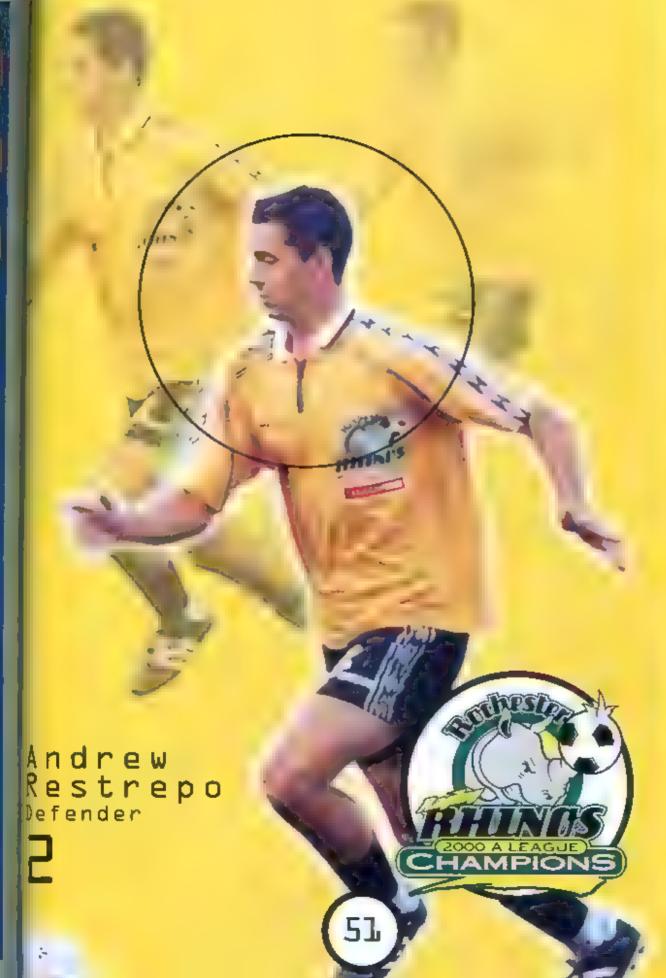
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## 2001 ROC ROCHESTER RAGING RHINOS TER RAGING RHINOS

Scott Schweitzer Defender



It was the same, but different. The Rochester Raging Rhinos and the Minnesota Thunder battled for the A-League Championship for the third consecutive year. With each team able to claim a victory in the league's final match the previous two seasons, 14.276 tans at Frontier Field would get to see the league's best play in the A-League's ultimate rubber match.

Minnesota captured the league's Commissioner's Trophy for best overall record during the 2000 regular season. But the Rhinos came out strong, taking play to the defending champs. Rochester got on the board first in the 14th minute when Dan Stebbins took a Martin Nash pass and beat Thunder goalkeeper John Swallen from the right side Nearing halftime, Rhinos midfielder Yari Alkrutt increased the Rochester lead to 2-0 in the 38th minute by stamming home his third playoff goal of the season.

The second half saw each team have solid opportunities but none could capitalize until the 77th minute when the game's Most Valuable Player, Onandi Lawe netted his third marker of the post season to send the Rhinos faithful into a frenzy. Just one minute later however, Chugger Adair would spait Rochester "keeper Scatt Vallow's shutout bid, but that would be all the Thunder could muster as Rochester would go on to win their second A-League title in three seasons.

Rochester's quest for their second A-League title didn't come without some bumps along the way. The team started the season in early May with a 1-0 loss to the Foronto Lynx of Frontier Field. Despite that, the Rhimos would rebound by winning their next two against Boston and at Connecticut, but consecutive losses on the road at Boston and Pittsburgh put Rochester at 2-3, their worst start since their inaugural season in 1996.

The Rhinos, already hearing the fans sprited opin ton of their play, would go unbeaten in their next seven games to stience their critics, or so you'd think. The Rhinos averaged just two goals per game during their unbeaten streak and the context among the faithful was that Rochester couldn't find the back of the net

Winning on the road was also something that had fons worried. The Rhinos came up empty in their final eight road games of the season while sconng just eight goals in that soon.

in addition to their road and scoring was, for defending U.S. Open Cup champs were undergoing injurproblems on the field as well. Three-time team MVP Carp Deminin missed time due to a leg mining, white midfielder find Almutt suffered a collapsed ting after a hard collision three-sed him to miss a roanth. The injury bug didn't stop the as midheider Bill Sedgewick needed a month to recover from kneedingury Gootkeeper Billy Androcki also injured his kneedingury.

Injuries weren? the only thing that kept the Rhino kneup ever-changing. First-year Rhinos midfielder Mad Nash established a new single season franchise record to assists in a season with nine, despite missing eight game white on recall by the Canadian National Team. In addition forward Orional Lowe was also a frequent coll-up to the Jamaican National Team for the 2002 World Cup qualifiers.

Losing the tranchise's all-time leader in goalie win wasn't easy but first-year Rhino goalkeeper Scott Vallau stepped in and set any concerns aside

"Anytime you lose somebody to injury there it concern, but Scotty made a couple of unbelievable save early on that erased any doubts" said Rhinos defende Carlos Zavaia. All Yallow did was start 16 of the had I metches white along the way posting a 12-6-1 record will eight shutouts and a league best 0.83 goals agains average. The 23-year old walked away with the 200 A-League Goalkeeper of the Year award as well as a spot of the A-League's first team all star squad.

After establishing an internet business in Wisconstionward Dan Stebbins, acquired in a 2000 draft day traditivith Milwoukee, reported to Rhinos comp in August an inclined seven goals in 12 regular season and playoff games

Another player who lead the way and helped solidify the Rhinos defense was third-year man Carlos Zavala. After having been used primarily in the midfield during his first two years with the Rhinos Zavala stepped in to start 18 al the final 20 games on the Rhinos back line. Making the switch to a defender wasn't something that bothered the 31-year old native of Toluca, Mexico. "Any position on the Rhinos is difficult to play because of the great tradition here and the pressure that goes with playing r this city and in front of 12,000 fans every night" said Zavala.





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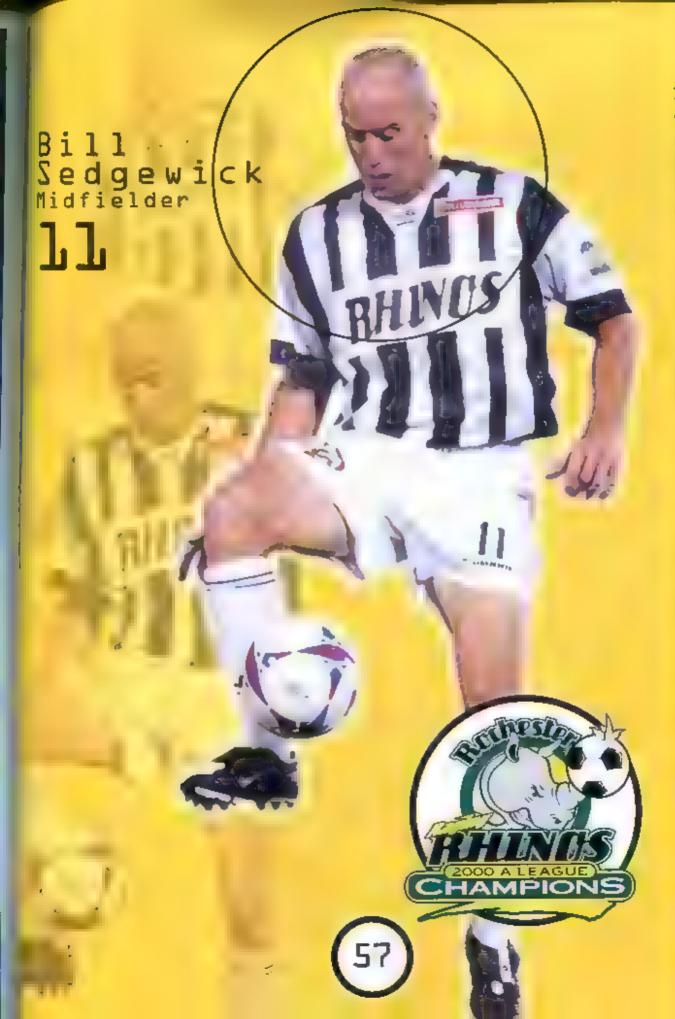
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# ER RAGING RHINOS

RAGING RHINOS





### UNITED SOCCER LEAGUES BUILDING THE FOUNDATION FOR THE FUTURE

The teams featured in today's exciting match are affiliated with United Soccer Leagues, the largest system of national soccer leagues in North America. More than a million persons

attended USL games in each of the past six years, part of a growing legion of fans that want to see their country's rising stars play soccer.

Founded in 1986, United Soccer Leagues celebrates its 15th Anniversary with 120 teams in five adult leagues and more than 110 teams in the Super Y-League in 2001. The system provides the starting point for players who aspire to play at the highest level. Top male players are able to follow a pipeline that eventually leads to Major League Soccer, playing for a foreign club, or even being called up to their national team. Top female players will now be able to move on to the nation's new Division I women's professional league, the Women's United Soccer Association.

The phrase "Building the Foundation for the Future" refers to USL's commitment to developing the pyramid structure for soccer in North America. In recent years, the USL system has served as a platform for players who want to proceed to the highest level - MLS and WUSA. Entering its third season, the Super Y-League has created an environment where young players can work their way from their hometown soccer fields all the way to the top

With MLS and WUSA at the peak, the support structure of the pyramid is USL, the second largest organization of national sports leagues in the nation - second only to Minor League Basebai.

The A-League, classified by U.S. Soccer, the sport's national governing body, as a Division II professional league, includes 21 teams, 18 in various-sized markets throughout the United States and three in Canada, where the league is classified as Division I by the Canadian Soccer Association.

One step below the A-League is the D3 Pro League, which, as its name implies, is classified by U.S. Soccer as a Division III league. With 17 teams competing in 2001, the D3 Pro League is the first taste of professional soccer for many players.

The Premier Development League (PDL), one level below the D3 Pro League, is the largest national developmental league in North America, featuring collegiate, amateur and some professional players. The 2000 season was the league's first step in its evolution toward becoming a U23 league

Entering its seventh season, the W-League has alreade benefited from WUSA's arrival. The W-League saw 66 plays chosen in the WUSA's inaugural player draft and 11 in the Supplemental Draft. Ten new franchises joined the W-League 2001 as more and more people want to bring women's so cer to their area. The expansion brings the total number of teams in the W-1 and W-2 leagues combined to a total of 37 the most in the league's history.

The Super Y-League, USL's newest project, represent the final and most important building block of the USL support structure for the game in North America. The Super Y-League, which grew from 16 teams in its inaugural season in 1999 to 75 in 2000 and more than 110 in 2001, will operate U14, U16 and U18 boys divisions and will launch its girls program at the U18 level in select regions in 2001

Ultimately, the Super Y-League will provide elite competition for youths 14 through 18 years of age, who train and compete on a regular basis in a national league during the summer months. Some Super Y-League teams will be suppered by and/or affiliated with USL's adult clubs and teams from MLS, including nationally-renowned D.C. United, USL's history begins with the 1-League, then known as the Southwest Indoor Soccer League, in 1986. The indoor league served as outlet for USL players during the winter months after USL went outdoors in 1989, but indoor members outnumbered the outdoor teams until 1992. An outdoor growth explosion fol-

lowed with 43 teams in 1993, 72 in 1994 and 9 in 1995, the year the league was split into profesional and amateur divisions and the W-League was introduced.





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### A-LEAGUE: Last Stop on the Road to the Top

The National Champtonship may have been the same. M nnesota-Rochester III, but the road to the chamolonship was an

titing one as the defending U.S. Open rers dechampion Rhinos struggled at times me the regular season and the defend-A-League champion Thunder were on brink of elimination early in the play-

> The start of the surprises came when Rochester was stanged in its ge opener, 2-1, by the Toronto Lynx, a made a dramatic improvement on the pul seasons that preceded 2000, openthe campaign with a 7-3-1 mark, After ang the season with three losses in its a five games. Rochester righted its ship another steady season, but the road to gory was not always easy for the perenpowerhouse. The remainder of the sor saw 13 games decided by one goal a two ties and no wins greater than two

Minnesota on the other hand, led through much of the regular season thering many of its opponents for an att azing goal differential of 44. The postson was another story though. After npog the Indiana Blast in the first sound. 7he hunger by the road in the first me of the two-game, aggregate and I mes and fell behind, 3-0, to the reducer 86ers. Frame a three goals ficit. Minnesota had to outscore recouver by three in order to stay alive adid just that. Tied at the conclusion of second game, 3-3, the senes went to a coreaking overtime session, where ender John Coughlin set up Morgan that for the series-winner four immates o the extra session

> It was al. Raging Rhinos in the iompionship match before a standingom only crowd of 14,276 fans at

Frontier Field in Rochester Rochester claimed its second A-League title and third championship (1999 U.S. Open Cup) in three years with an impressive 3-1 victory

In other Rochester news, the plans for the new 20,000-seat PaeTec Park have forged into the production phase with approval from state and local government bodies. The \$44 million project is expected to finish around the start of the 2002 season. The stadium developments have led to further discussions with Major League Soccer officials regarding Rochester's possible acceptance into the Division I feague

On the other side of the nation. the Portland Timbers will open their mairgural season at the newly-renovated PGI Park (nee Civic Stadium). The stadium's \$37 million facelift included the installation of FieldTurf, making the Timbers the only professional soccer team in the United States who are using the revolutsonary pitch. The birth of the Timbers, coupled with the Vancouver franchise's decision to change its nickname to Whitecaps, gives the Northwest, also home to the Seattle Sounders, a retro-fee as three former North American Soccer League teams will compete in the A-League in 2001

Also new to the A-League are the Charlotte Eagles, after earning promotion by winning the D3 Pro League National Championship as the sixth overall seed, outscoring their playoff opponents, 16-4 The D3 Pro League title finally out an end to the Eagles' forment of losing in the 1996 and 1997 title games and the 1999 sentifinals. Charlotte capped its championship r with a stepping but victory over the Regular Season Champion New Jersey Stadions

The 2001 A-League season should provide more intriguing stories over the next year with changes made over the offseason. The league was restructured into



Charleston's Déan Sewell (left) battles with Rateigh's ther Dotsenko who will play for the Adanta Silverbacks in 2001

three conferences, creating the Western "Coffin" Conference with all seven of its teams at the top of the strength-of-schedule ranking, making it arguably the most difficult conference in the league. The qualification process for the 2001 Lamar Hunt U.S. Open Cup was also changed, pitting the American A-League and D3 Pro League teams against one another in mixed qualification groups

The playoffs were also revised slightly. The two-gaine, aggregate goal series will be used in each round, excluding the National Championship match. The top three teams from each conference will qualify along with the next best three league-wide, creating a playoff field of 12 teams. The three conference winners and the top second-place finisher will receive first round byes.

Fifteen A-League players took the jump to MLS and were selected in the 2001 SuperDraft, including Rochester's Craig Demmin, who was chosen by the l'ampa Bay Mutiny with the sixth overall pick. In addition, Tenywa Bonscu (Pittsburgh) and Dwayne DeRosario (Richmond) were allocated to Columbus and San Jose, respectively, the day before

### 2001 A-LEAGUE ALIGNMENT

### CENTRAL CONFERENCE

Atlanta Silverbacks Charleston Battery Charlotte Eagles Cincinnali Riverhawks ndiana Biast Nashville Metros Richmond Kickers

### NORTHERN CONFERENCE

Connecticut Wolves Hershey Wildcats Long Island Rough Riders Montreal Impact Pritsburgh Reverhounds Rochester Raging Rhinos Toronto Lynx

### WESTERN CONFERENCE

E Paso Palnots Milwaukee Rampage Minnesota Thunder Portland Timbers San Diego Flash Seattle Sounders Vancouver Whitecaps



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HEATHER ROLAND

DANA MARIE SOFIA

JENELLE STEVE

VANESSA VAN ORDEN

### All The RAGE





The 2001 season is Lucy Van Orden's fourth as chareographer for the RAGE Dance Team. She currently feaches at the Rochester Association of Performing Arts and is a member of Dance Members of America Lucy founded the New York Dance Otympics which is in its 18th year. She is also the former director of DANCEARAMA, which she owned and operated for 15 years.

Professionally, Lucy has represented the libetisester area on national TVs Dance Fever

and has won over \$15,000 in cash and prizes dancing competitively Judy's choreography credits include the Rochester Dance Models. Roberts Wesleyon Summer Performing Arts Camp and transequal High School-Productions "West Side Story", "Crazy for You" and "Guys and Dolls."

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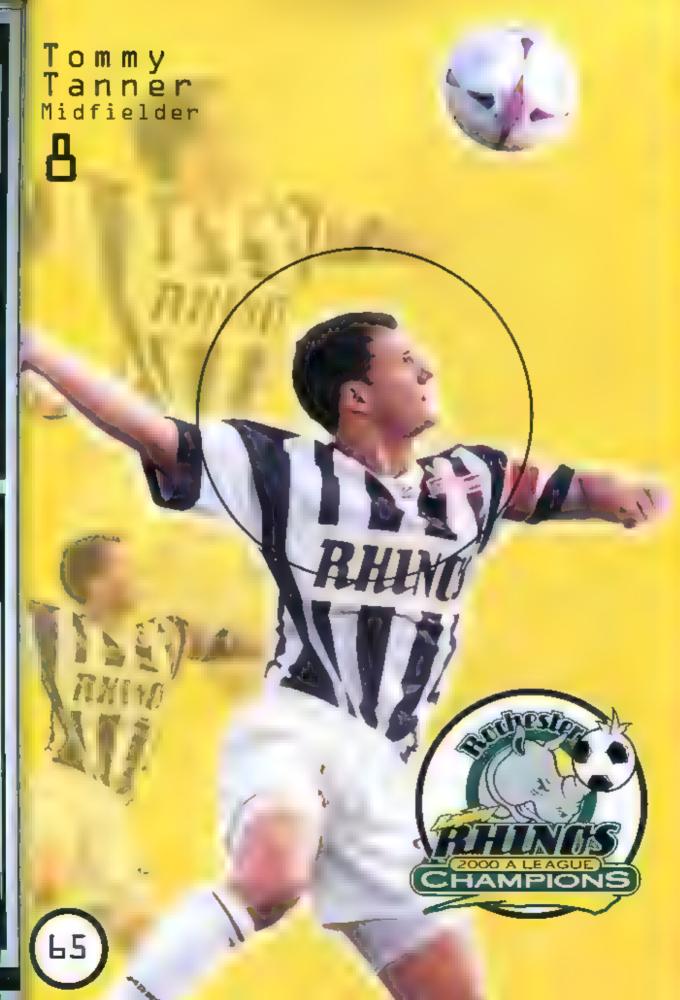
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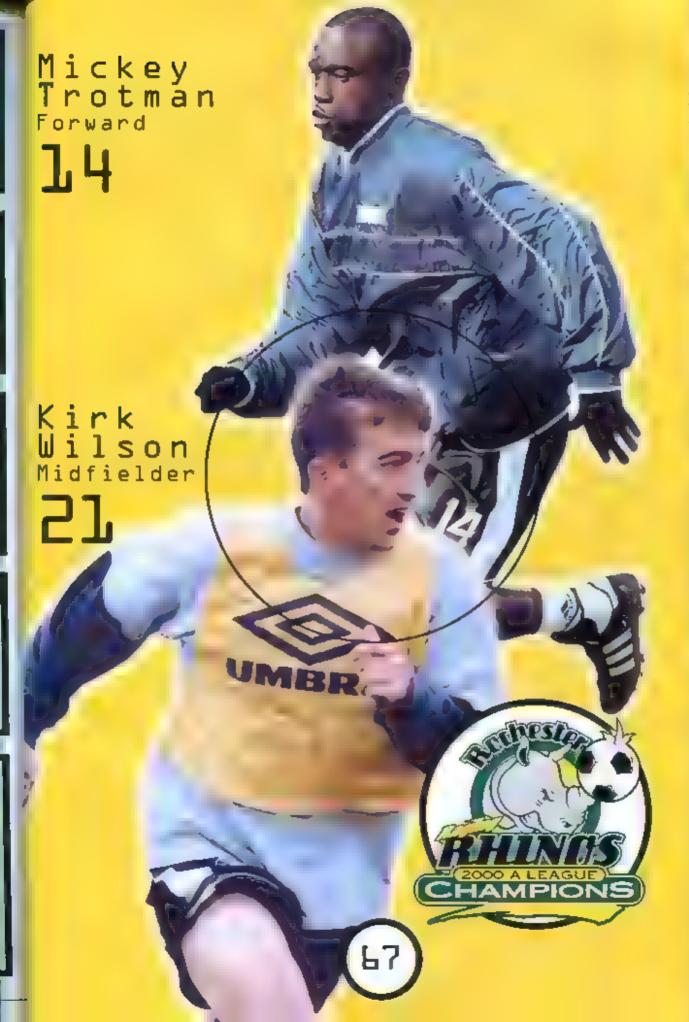
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There is no best way to burn fat Low intensity exercise is often appropriate for people with low fitness levels or those who are overweight You are more kery to chieving more stay activities and less likely to get injured. Three is however no reason to limit yoursent ofow intensity exercise if you are infairly good shape and like to wark out more vigorously.

The notion that low intensity every so burns more fat than high intensity every se ar ses from the observation that the proportion of exercise calones supplied by fat is nelated to exercise intensity. What do we mean by this? Your body gots energy to exercise from two main sources, glycogen a form of starch (carbohydrate istored in the muscles and liver and fat During high intensity exercise your hody prefers to use givingen because it is more efficient than using fat. At moderate intensity, your body uses some of each and at very low intensity, your birdy relies primarily on fat for fue.

Dues this mean you burn more rat at low exercise intensity? Not necessarily because you are also burning fewer total raidness per minute. You will probably burn more tat in an hour long moderate/y-intense aerobics class than by taxing a leisurely slip. To lan hour The proportion of calones coming from fat will be greater for the strip but since you burn more calones exert singlet a moderate intensity the total rat utilization will be similar or even higher And you will burn more calones, which means you can eat move without gaining weight.

Whatever and of exercise you will do on a regular basis is the best for burning fat. Scient sits have yet to discover the lidea if exercise program to maximize fat loss. The more calories you burn the better, as long as you do not overdo. If you prefer low intensity activities, that is fine, but you need to not mit yourself to low intensity exercise if you are in decent shape and enjoy working harder. The important thing is to exercise requiring at least fixe days a week if possible this, may wish to van, your activities to prevent in university as itema in a swimming is the aerobics, or walking with weight training. Do not make your program so reimplicated that you get frustrated. If walking two miles every day works for you, then go on it and enjoy.

An exercise program should be him or at least as painless as possible. Think about a lof the things that have epit you from exercising in the past and eliminate ail possible barriers. Consider cost convenience and personal preferences. Do you like to exercise alone? With a friend? In a class? Do you have any orthopedic limitations, we back pain or foot problems that mit movement? Take into account your health concerns and fitness shall what works best for your schedule? A fitness professional can help you design a program that works best for your

Many people include some form of strength training, such as weight training, because of its many health benefits, and because it is the most efficient way to improve the strength and definition of your muscles. Many people don't mind some increase in muscle size, since this raises resting metabolic rate (the energy you burn at restinand looks good if larger muscles are not attractive to you you can still improve muscle tone by lifting lighter weights.

REMEMBER It is physically impossible for muscle cells to turn nee fat



### Written & Researched by: Robert J. Bovee

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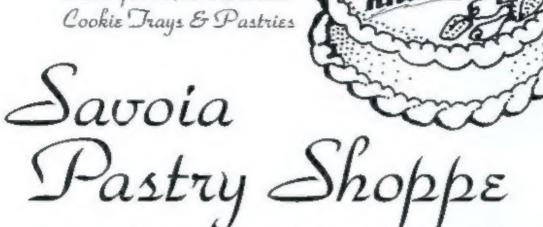
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